On the Cover:

**STRIKING OUT STROKE**
Acting FAST helps with speedy recovery

**Rest Easy: Tips for Better Sleep**

**HPV VACCINE MYTHS DE-BUNKED**

**Healthy Comfort Foods**
When we give—whether it’s of our time or our finances—we tend to focus on what that will mean for the people receiving support, thinking about the impact our generosity will have on the lives of others. But research indicates that the positive impact of giving extends to the giver, as well as to the receiver.

Susan Barcus, FAHP, president of Kettering Medical Center Foundation and chief development officer for Kettering Health Network, sees firsthand the impact that giving can have on a person’s well-being—even if the act of giving isn’t planned. She recalled one donor who shared that his volunteer work and charitable giving helped in his healing process following the passing of his wife.

“Folks know giving back to the place where they get their care isn’t expected—it’s an unexpected act of gratitude,” Susan says.

Studies that include neuroimaging have shown that brains literally “light up” when people express gratitude, specifically in the areas associated with pleasure and reward, as well as the area related to connecting with others.

People who focus on gratitude also exercise more often, eat better, and are less likely to smoke.

Robert Emmons, PhD, a leading researcher on the science of gratitude, says, “When you give, it is more than giving your time and resources; fundamentally, it is about giving of your whole self. Because of this, gratitude is healing.”

Gratitude can also:

- Lower blood pressure
- Improve immune function
- Facilitate more efficient sleep
- Increase happiness, motivation, and optimism
- Reduce stress
- Decrease one’s lifetime risk of depression, anxiety, and substance abuse disorders
- Increase levels of good cholesterol (HDL)
- Decrease levels of bad cholesterol (LDL)
- Lower levels of systolic and diastolic blood pressure
- Increase levels of heart rate variability
- Lower levels of creatinine
- Lower levels of C-reactive protein—a marker of cardiac inflammation indicating heart disease

ACTS OF KINDNESS

To learn more about opportunities to give, visit ketteringhealth.org/foundation
How to handle holiday stress

What’s causing your migraine? Common triggers to know

Bonfire and ladder safety: Timely tips for avoiding injury

True or false? Get the facts about the HPV vaccine

A commitment to preventive care helped save Carolyn’s life

Check out our fall and winter classes and seminars!

Sleep better: Get ahead of the time change

Getting to the heart of AFib

Surviving stroke at age 17

Nonsurgical options for joint pain

Warm up with a helping of healthy chili and cornbread

Information in KETTERING HEALTH CONNECTION FOR BETTER LIVING comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.
How to stress less and stay in **good cheer**

**Q**  As the holiday season approaches, what are some things I can do to stay relaxed and manage my stress?

The holiday season is for spending time with family, expressing gratitude, and celebrating together. But preparing for gatherings and last-minute holiday shopping can still generate some stress.

**Let your family help**

Many people struggle with feeling that they don’t have enough time to complete all their tasks. One way to combat this stressor is to take advantage of family and delegate certain tasks among them. That way, you involve your family and prepare for the celebration together. For example, you can divide the gift-giving list and shop together, or ask your family to cook some of the dishes.

**Prepare for crowds**

During this time, people are stepping away from work, and we see an increase in crowds at shopping malls and restaurants. It is important to prepare yourself before going out, remembering that lines are going to be long. If you have anxiety about crowds, it might be helpful to use some headphones to play relaxing music or calming mantras into one ear. Or avoid the lines altogether and do your shopping online.

**Tap into inner peace**

It’s important to practice gratitude regardless of what time of year it is, but especially during the holidays. Remember to take a step back, have patience, and be present in the moment. In addition to remembering the things you’re thankful for, make sure you’re taking time for yourself amid the holiday stress to do something you really enjoy.

**Managing high expectations**

Holidays can be especially difficult for those who have struggled with mood disorders, such as depression, or who are grieving the loss of a loved one. There is an unspoken expectation to be joyous during this time, and it can be disappointing when your temperament does not measure up.

To cope, make sure you’re spending time with people you enjoy who give you energy. Surround yourself with your community, and devote some time to it. Volunteer to serve dinner at a homeless shelter or take toys to children in need. If you’ve lost someone, you can certainly do that in memory of that person. Give your happiness to others to gain it back yourself.

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Julie Manuel, MSEd, LPCC, NCC, is a psychotherapist at Kettering Health Network.
If you are one of the more than 37 million Americans that experience migraines, you are familiar with the physical suffering that accompanies the onset of migraine symptoms. Migraine headaches are a debilitating set of neurological symptoms that usually includes severe throbbing and recurring pain on one side of the head.

Many migraine sufferers will identify their “triggers”—the situations or conditions that result in a migraine. Once you understand your triggers, you can make changes in your lifestyle to help avoid them. Megan Mackenzie, DO, a neurologist with the Dayton Center for Neurological Disorders and chair of the Neurology Department at Grandview Medical Center, says doing so is the best way to handle migraines.

Though triggers are different for everyone, they are commonly found when conditions change, such as changes in:

- **WEATHER**
  - Pollen and other airborne allergens, as well as a change in barometric pressure, can cause migraines. This trigger is one of the hardest to control.

- **SLEEP**
  - Both lack of sleep and too much sleep are culprits when it comes to migraines. Dr. Mackenzie says some people will get migraines if they sleep in on weekends.

- **HORMONES IN WOMEN**
  - Migraines are more common in women than men. Menopause is often the most difficult time for women who get migraines, as migraines are closely linked to female hormones.

- **DIET AND CAFFEINE INTAKE**
  - Migraines have been tied to dietary choices, including excessive caffeine consumption, certain additives, alcohol, and cheese. A lack of food or dehydration can also be a trigger.

- **STRESS**
  - Though stress is a significant migraine trigger, it is common for people to experience a migraine after their stress has subsided and they finally relax.

Many people will find they crave something sweet, such as chocolate, before a migraine comes on. This leads them to believe the chocolate caused the migraine, though the food craving is more likely a symptom of the migraine itself.

If you’ve avoided your triggers and are still struggling, Dr. Mackenzie recommends seeing your physician.

“If you’re having persistent headaches, two or three a month, and they’re severe enough to stay home from work, miss out on an activity with family, or otherwise interrupt your life, you should see your doctor,” Dr. Mackenzie says.

To schedule an appointment with a Brain & Spine specialist, call 1-855-786-2649 or visit ketteringhealth.org/askneuro
The arrival of autumn means new seasonal activities, so it’s important to make sure you’re going about them safely. The best way to stay safe is to avoid injury altogether, but when accidents happen, it’s essential to know what to do.

**Bonfire safety**

Use these tips to stay safe while enjoying a fire on autumn nights. Meredith Lawhorn, trauma and EMS coordinator at Kettering Health Network, says to:

- Check with your local fire department to understand the outdoor burn laws in your area.
- Avoid bonfires on windy, dry days.
- Before building a fire, clear away dry leaves and sticks and overhanging branches and shrubs.
- Build at least 25 feet away from anything that can burn.
- Watch children and pets while the fire is burning. Never let them too close to the fire.
- Keep the fire small and controllable.
- Never use gasoline or other flammable, combustible liquids.
- Always have a hose, a bucket of water, or a shovel filled with dirt or sand handy to put out the fire.
- Check that the fire is out completely before leaving the site. Pour cool water over the fire to ensure the embers are cooled completely. Try to cover the fire pit with sand or dirt to prevent exposure to oxygen.
When accidents happen

Should someone get burned, Meredith says to do the following:

MINOR BURNS
Run cool, not cold, water or place a wet compress over the burn. Remove rings or other tight items from the burned area. Once the burn is completely cooled, apply lotion. Bandage the burn with a sterile gauze bandage, wrapping it loosely. Do not break blisters. An over-the-counter pain reliever can be used if needed.

MAJOR BURNS
Call 911. While you wait for help, protect the burned person from further harm and make sure they are breathing. Remove jewelry, belts, and other restrictive items. Cover the burn using a cool, moist bandage or a dry, clean cloth. Don’t immerse large burns in water. Elevate the burned area, and watch for signs of shock.

ASSESSING THE BURN
FIRST-DEGREE BURNS affect the epidermis, or outer layer of the skin. The burn site is red, painful, and dry with no blisters.

SECOND-DEGREE BURNS involve the epidermis and part of the dermis layer of skin. The burn site appears red and blistered and may be swollen or painful.

THIRD-DEGREE BURNS destroy the epidermis and dermis. They may destroy underlying bones, muscles, and tendons. The site appears white or charred.

Go to your nearest Emergency Department for second- or third-degree burns greater than 10 percent of the total body surface area—or for significant burns involving the face, feet, hands, genitalia, or airway.

Ladder safety

Gutters collect falling leaves, which might mean climbing a ladder to clear them.

Meredith suggests the following for your safety:

- Use the 4:1 rule: for every 4 feet the ladder rises, make sure the ladder is 1 foot away from the wall.
- The highest you should stand on a stepladder should be two steps from the top.

Falls greater than 20 feet for adults and two times their height for children should prompt you to call 911 or go to your closest Emergency Department.

“If you have any obvious deformity or loss of pulse, you need to go to the Emergency Department immediately,” Meredith says.

Care close to you

Kettering Health Network Middletown is now open, bringing whole-person care to local residents.

It offers 24/7 emergency care,* which houses MRI, CT, X-ray, ultrasound, and cardiac testing machines that will also be available on a walk-in basis.

The facility also includes Kettering Physician Network practices for primary care, cardiology, general surgery, and orthopedic surgery.

*A service of Kettering Medical Center

Know where to go

Find your nearest emergency center and view the average wait time at ketteringhealth.org/emergency
No one likes being sick, but there’s not always a way to stop it. If you could prevent a disease—especially one that could cause cancer—would you take those steps?

About nine in 10 people will get a human papillomavirus (HPV) infection at some point in their lives. Vaccines for HPV prevent health problems and protect against many kinds of cancer, but many people have questions or misconceptions about the vaccine.

Here, we break down the fact vs. fiction of some of the most common concerns.
It’s more important for girls to get the HPV vaccine than boys. **TRUE.** According to the Centers for Disease Control and Prevention (CDC), “Every year in the United States, HPV causes 32,500 cancers in men and women. HPV vaccination can prevent most of the cancers—about 30,000—from ever developing.”

Most people know that HPV can cause cervical cancer in women. It can also cause numerous others, including cancers of the mouth and throat that affect both men and women.

For women, screening is available and considered routine to detect most cases of cervical cancer. But there are no routine screenings for other types of HPV-related cancers, and these cancers can be painful, life-altering, and even life-threatening.

Vaccinating children and adolescents against HPV prevents them from developing these types of cancer, says Heather Pulaski, MD, Kettering Physician Network gynecologic oncologist. “The HPV vaccine is a cancer prevention vaccine.”

The HPV vaccine lasts for a long time—possibly forever. **TRUE.** When children get the HPV vaccine, their bodies make antibodies that fight against the virus. Antibodies give strong and long-lasting protection, and there’s no evidence that this protection will decrease over time.

“HPV vaccination is not treatment, but prevention,” says Dr. Pulaski. There is no waning effectiveness, so it protects children for their adult lives.

The current rate of completing HPV vaccination in the United States is only around 40 percent. However, in countries where the completion rate is 50 percent or higher, HPV prevalence goes down almost 70 percent. “Studies show that countries that increase vaccination rates decrease cancer rates,” says Dr. Pulaski. “HPV vaccination is the best thing that can be done for protection.”

Vaccinating boys not only protects their future partners, but it also protects them against HPV-related cancers that specifically affect men and types that affect both men and women.

“The rates of HPV-related cancers that affect men are increasing,” says Dr. Pulaski. “Some projections show that by 2020, they may even outnumber the cases of cervical cancer.”

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TALK TO YOUR PHYSICIAN

Visit ketteringhealth.org/findaphysician or call 1-888-726-2372 to find a primary care physician.
For years, Carolyn Weicelean has made a point to see physicians on a regular basis for her checkups and screenings. This dedication to what she calls a “really strong regimen” may have saved her life.

In March, Carolyn had a routine ultrasound to screen for breast cancer. The following week, she was seen at the Dona Sheley Women’s Health Center, where the staff in the Kettering Breast Evaluation Center at Soin Medical Center asked her to return for a biopsy.

“I think when they did the biopsy, that’s when I knew I had breast cancer,” she says. “But it was at such an early stage that it was probably no bigger than the head of an eraser.”

Why Carolyn is a strong believer in regular checkups
When breast cancer is found early, there is a better chance that the treatment will be effective, according to the National Cancer Institute. The following month, Carolyn had a lumpectomy—a surgery in which the physician removes the cancer and a small part of the surrounding tissue but not the breast itself.

**Special meaning**

This was a different procedure than what she originally planned, but after learning more about her options, she worked with the physicians to create a plan to meet her needs. “They were very agreeable to making it what was most comfortable for me,” she says.

Surgery was followed by radiation treatments in May at Soin Medical Center, where Carolyn was the first scheduled patient to receive treatments at the hospital’s new radiation therapy center. Receiving treatment at Soin Medical Center had special meaning to her, a previous volunteer at the hospital’s cancer center and a current employee in the hospital’s Patient Registration Department.

“They’re extremely people-oriented and friendly, and make you feel very comfortable,” she says. “Having a place where it’s all in one area makes it so much easier for both the family and the patient, and it is such a blessing for so many people around here that do have cancer.”

**A positive perspective**

Carolyn has always felt the need to give back, and her attitude during this experience was no different.

“I was one of the very first volunteers up at the cancer center because my husband had passed away from cancer, and I wanted to be able to give back—not only to the patients but also their families,” she says. “I’m just a little pebble in a big pond, but this little pebble likes to help other people.”

Carolyn feels that she went through this experience not for herself but to be able to help others who are going through it, especially the family of patients. She remembers talking to a man who was meeting his wife at the hospital before her treatment. “We were able to talk, and for me, it was about making him feel that she was going to be OK,” she says.

Through it all, Carolyn maintained a positive outlook—something she says is essential when going through challenges.

“It was the hiccup in the chapter of my spring,” she says. “Sounds kind of silly, but you know, this is not what I had planned for the spring. And then you realize, what do you want to do with this circumstance in your life? Do you want to treat it as the cup being empty, or as the cup being half-full? I took it as all full.”

**Making the time**

Carolyn’s takeaway from her treatment: keep up with regular screenings and appointments, because “no one can always dodge the bullet.”

“It’s very important to take care of your health,” she says. “You can let it go really easy and just not think about it, but it’s not going to go away.”

**MAKE YOUR HEALTH A PRIORITY**

Schedule a mammogram today by calling Kettering Breast Evaluation Centers at 1-888-382-0627 or request an appointment at ketteringhealth.org/breasthealth
YOUR HEALTH CALENDAR

Register online at ketteringhealth.org/healthcalendar or call toll-free 1-844-883-3420.

HEALTHY LIVING EVENTS

Meet our physicians and medical experts to get your health questions answered. All presentations and events include a mini health fair and lunch or appetizers.

Register online at ketteringhealth.org/healthcalendar or call 1-844-883-3420.

BRAIN & SPINE
Stroke of Art
You’re invited to help raise awareness that stroke is preventable, treatable, and beatable. Come for the education and stay for the art.
Soin Medical Center
Oct. 29, 5:30–8 p.m.

CANCER CARE
Cancer Care Panel Discussion
Join our physicians as they answer questions about cancer care.
Kettering Cancer Center
Dec. 12, 5:30–7 p.m.

EYE HEALTH
Vision: What You Don’t See Can Hurt You
Macular degeneration, glaucoma, diabetic retinopathy, and cataracts are leading causes of age-related low vision. Falls, medication errors, and difficulty reading or understanding medical instructions are often unfortunate consequences.
Learn more about these vision disorders and strategies to help manage low vision.
Registration is required.
West Carrollton YMCA
Oct. 25, 12:30–2 p.m.

HEART & VASCULAR
Heart Health
Learn from our cardiologist about how to keep your heart healthy and why heart health is important in every aspect of life.
Kettering Health Network Middletown
Oct. 18, 5:30–7 p.m.

Atrial Fibrillation
Heart skipping a beat? Learn from our cardiologist about symptoms and treatments for AFib and find out how to keep your heart healthy.
Soin Medical Center
Nov. 1, 5:30–7 p.m.
Grandview Medical Center
Nov. 13, 11:30 a.m.–1 p.m.

Family Fun

Fall Fest
Kettering Health Network Middletown
Oct. 21, 2–4 p.m.

Open House
Grandview Medical Center
Nov. 4, 2–4 p.m.

Mission Conference
Kettering Seventh-day Adventist Church
Nov. 9–10
Heart Health for Women
Did you know that 90 percent of women have one or more risk factors for heart disease or stroke? Learn from our cardiologist about how to prevent heart disease and keep your heart healthy.
Fort Hamilton Hospital
Nov. 8, 5:30–7 p.m.

ORTHOPEDICS
Balance 101
More than one-third of adults 65 and older fall each year, and these falls can result in serious injury, loss of independence, and even death. Learn practical steps to help you stay safe and independent. Registration is required.
South YMCA, Kettering
Oct. 15, noon–1:30 p.m.
The Y at the Heights
Oct. 23, 11 a.m.–12:30 p.m.

Joint Replacements
Joint pain can make life difficult and limit activity. Join our orthopedic surgeon and get answers to your joint replacement questions.
Southview Medical Center
Oct. 16, 11:30 a.m.–1 p.m.
Greene Memorial Hospital
Oct. 23, 5:30–7 p.m.

My Shoulder Hurts
Rotator cuff injuries are common and treatable. Learn from our orthopedic surgeon about treatment options and stop living in pain.
Springfield Family YMCA
Oct. 25, 5:30–7 p.m.

What to Expect After a Joint Replacement
Don’t let joint pain keep you from what you love. Join our physician and learn what to expect after joint replacement surgery.
Kettering Sports Medicine Far Hills
Nov. 8, 5:30–7 p.m.

Knee Arthritis
Don’t let knee arthritis keep you from what you love. Join our physician and learn about treatments for arthritis of the knee.
Kettering Health Network Middletown
Dec. 4, 5:30–7 p.m.

Outpatient Joint Surgery
No one should live with joint pain. Learn from our physician about outpatient surgery options for joint pain.
Grandview Medical Center
Dec. 11, 11:30 a.m.–1 p.m.

SURGICAL OPTIONS
Hernia
Don’t let a hernia limit your activity. Learn from our specialists about hernia treatments and repair and find relief.
Sycamore Medical Center
Nov. 6, 5:30–7 p.m.

WOMEN’S HEALTH
Breast Health
When it comes to breast cancer, early detection is key. Join our surgeon and learn about breast health and mammography.
Fort Hamilton Hospital
Oct. 17, 5:30–7 p.m.

Season’s Greetings

Tree Lighting
Greene Memorial Hospital
Nov. 27, 6 p.m.

Tree Lighting
Southview Medical Center
Nov. 28, 6 p.m.

Tree Lighting
Soin Medical Center
Nov. 29, 6 p.m.

Cookies with Santa
Grandview Medical Center
Dec. 2, 1–3 p.m.

Holiday Baby Fair
Southview Medical Center
Dec. 9, 2–4 p.m.
CLASSES & SCREENINGS

Call 1-844-883-3420. Registration required unless otherwise noted.

**DIABETES**

Diabetes Support Groups
If you’re living with diabetes, you are not alone. Support groups allow participants to gain knowledge while sharing information and ideas.

Beavercreek Health Center
First Tuesday of each month
4–5 p.m.

Southview Medical Center–Medical Arts Center
Second Monday of each month
5:30–6:30 p.m.

Walden Ponds Medical Care
Second Tuesday of each month
5–6 p.m.

Prevent T2
Have fun, lose weight, be more physically active, and manage stress with a trained lifestyle coach. Participants reduce their risk of developing type 2 diabetes. This yearlong program meets weekly for the first six months, then once or twice a month for the next six months. $360. Call for more information.

Duck Diabetes
Learn how to reduce the risk of getting diabetes and enjoy better health in this free, one-hour presentation. Get practical tips for grocery shopping, eating out, losing weight, and increasing physical activity. Call for dates and locations.

Prices and availability are subject to change without prior notification. Unless otherwise noted, registration is required for all classes and screenings.

**Weight Management**
Kettering Health Network Diabetes & Nutrition Center offers options to help you meet your weight-loss goals. Group sessions provide a supportive environment to learn how to modify eating habits. Individual nutrition counseling is also available. Call 1-888-725-1897.

**EXERCISE & FITNESS**

Dartfish Movement Analysis

Kettering Sports Medicine

Metabolic Rate Evaluation
This program determines how many calories your body burns and assists you in balancing calories consumed with calories used. Exercise physiologists, dietitians, and athletic trainers help you personalize a plan. $150. Call 1-855-583-9991.

DECIDE TO BE HEARD
What if a sudden illness or injury left you unable to speak for yourself? Have you chosen someone to speak for you? Would they know your wishes about your care? Decide to Be Heard’s trained facilitators can guide you through the decision-making process and help you complete two important legal documents that become your advance directive. A living will allows you to dictate what choices you want for future medical care. A health care power of attorney lets you choose a person who will speak for you if you are no longer able to make your own health care choices. To schedule a free appointment with a facilitator, call 1-844-883-3420.
Join US

Nutrition Consultation
Learn about fitting healthier foods into a busy lifestyle, recovering from illness, optimizing athletic performance, or managing a chronic disease. Experts help individuals of all ages through nutrition consultations and food coaching. Call 1-855-583-9991.

Kettering Sports Medicine

Sports Acceleration
This training program is uniquely designed for individuals ages 10 and up for targeting specific training needs and goals, including speed, agility, power, and strength. Call 1-855-583-9991.

Kettering Sports Medicine

Performance Positive
This program helps athletes and runners of all skill levels by focusing on strength, flexibility, agility, injury prevention, and running form. This six-week program includes circuit training, core strengthening, overall strength, and personalized nutrition analysis. $80. Call 1-855-583-9991.

Kettering Sports Medicine

Therapy to Fitness
Interested in fitness, proper lifting technique, and age-appropriate exercise? This individualized fitness program provides 60 minutes of one-on-one instruction to work toward your goals or on overall fitness, including cardiovascular fitness, flexibility, and strength. $35. Call 1-855-583-9991.

Kettering Sports Medicine

MEDICARE MEETINGS
A speaker from the Ohio Senior Health Insurance Information Program will present information about Medicare and the Medicare Part D prescription drug benefit. The event is free, but space is limited. Register at ketteringhealth.org/medicare or call 1-844-883-3420.

HEART & STROKE

10-Minute Heart Check
This free check includes blood pressure, heart rate, and body mass index. No appointment needed.

Charles Lathrem Senior Center, Kettering
Nov. 6, 11 a.m.–1 p.m.

STOP SMOKING

Say Goodbye to Tobacco
This free, five-week class takes you through the quitting process and provides a month of nicotine patches, as well as gum or lozenges. Provided in partnership by Kettering Health Network and Public Health–Dayton and Montgomery County.

Kettering Medical Center
Wednesdays, Oct. 31–Nov. 28
Jan. 2–30
6–7 p.m.

MORE ONLINE
Visit ketteringhealth.org/healthcalendar for more classes and screenings.
As you switch your wardrobe for the changing weather, Kevin Carter, DO, sleep medicine specialist at Kettering Health Network, recommends adjusting your sleep schedule to accommodate the time change.

In November, we “fall back” as Daylight Savings Time comes to an end and set our clocks back an hour. Though this change is typically thought to be less detrimental to sleep, it still interrupts our circadian rhythms, or our internal clock, that follows a daily cycle of sleep and wake times.

“The best way to deal with any circadian rhythm interruption is to start moving your sleep schedule prior to the event,” Dr. Carter suggests. “For a one-hour time change, start moving your bedtime by 15 minutes starting four days before. To prepare to ‘fall back,’ you could begin moving your bedtime forward by 15 minutes each night starting four nights before the time change.” Easing into the change in time will feel more natural to your body than the stark change of an hour.

Effects on the body

Lack of sleep, or frequently interrupted sleep, contributes to lack of focus, increased mood disorders such as depression and anxiety, and short-term memory loss. Dr. Carter says time changes also contribute to a higher number of vehicle collisions and cardiovascular distress. Make sure you’re taking care of your body and getting adequate rest to stay safe and healthy.

Start sleeping better

If you struggle with the smaller steps toward an earlier snooze, Dr. Carter offers these tips for a healthier sleep:

- Avoid or limit caffeine, alcohol, and nicotine.
- Avoid large meals before bedtime, and don’t eat anything too spicy or fatty. If you’re accustomed to a before-bed snack, Dr. Carter suggests choosing a small carbohydrate with a bit of protein, such as a banana with peanut butter.
- Exercising during the day, at the same time every day, will help drive you into sleep faster at night.
- Dim the lights as you approach bedtime. Stay away from electronics and turn off all but the lights necessary for safety. “As we expose ourselves to light during the day, we’re suppressing melatonin, which helps signal to the circadian rhythm that it’s time for bed,” says Dr. Carter. If you’re set in your ways of watching TV before bed, Dr. Carter suggests trying to sit farther away and turning on the “night mode” setting on smartphones and computers.
All things AFib

What is atrial fibrillation?
Atrial fibrillation, or AFib, is a condition in which electrical impulses in the top chambers of the heart are extremely rapid and chaotic, creating an irregular heartbeat.

While people with AFib don’t always exhibit symptoms, if you are experiencing any of the following signs, it could be AFib:
• Heart palpitations
• Shortness of breath

• Unusual fatigue
• Dizzy spells

Haseeb Jafri, MD, electrophysiologist and cardiovascular specialist with Kettering Physician Network Heart & Vascular, says the condition is not life-threatening on its own, but it can lead to stroke or congestive heart failure if left untreated.

How do I know if I’m at risk?
AFib generally affects more women than men, and the risk of AFib increases with age. In women, the risk increases after age 60 and continues to increase between 65 and 85. Triggers include hormonal fluctuations in women and certain over-the-counter medications, as well as alcohol and caffeine.

“Any kind of stressful event can trigger AFib,” Dr. Jafri says. “Even something as simple as a person who doesn’t hydrate well or takes in more caffeine than they’re used to can provoke an episode.”

Diagnosing AFib
Whether you’re experiencing symptoms or know you are at increased risk, it is important to be screened for AFib. It’s diagnosed using an electrocardiogram (EKG), where several small electrodes are placed on the skin to record heart activity.

Your treatment options
Treatment options include lifestyle changes, medications, and surgical options. Dr. Jafri encourages people with AFib to:
• Exercise regularly.
• Eat a heart-healthy diet low in salt, cholesterol, and saturated and trans fats.
• Manage blood pressure.
• Avoid excessive amounts of caffeine and alcohol.
• Avoid tobacco.
• Control cholesterol.
• Maintain a healthy weight.
• Evaluate and treat sleep apnea.

“AFib profoundly impacts the quality of life of patients,” Dr. Jafri says. “People’s lives can be vastly improved if we can identify and treat this extremely common arrhythmia.”

Did you know?
Kettering Health Network recently grew its cardiology services, expanding the cath lab and adding a new electrophysiology (EP) lab at Grandview Medical Center.

EP labs assist in the diagnosis and treatment of heart arrhythmias, allowing for a shorter procedure time, less radiation exposure, and a greater chance that patients with highly complex arrhythmias can be treated.

ACT TODAY
Call 1-844-850-0022 or visit ketteringhealth.org/heart to schedule a heart screening.
At 17 years old, Manuel has always been healthy, active, and athletic. But one morning while brushing his teeth, he noticed that he was growing increasingly unable to move his left arm and hand. The whole left side of his body started going numb, then his left leg gave out and he collapsed onto the floor.

Manuel is part of a foreign exchange program—he lives in Portugal and came to study in the United States for his senior year of high school. That morning, his host brother heard Manuel fall and helped him up, and Manuel continued to try to brush his teeth.

When his guardian, Jim, heard what was going on, noticing that Manuel's speech was slurred and his whole left side limp, they immediately went to the Emergency Department at Soin Medical Center, where it was determined that Manuel was having a stroke.

Digging deeper

At Soin Medical Center, Manuel was stabilized under the care of Scott Balonier, DO. Dr. Balonier and the care team searched for clots in Manuel's upper body that could have traveled to the brain. At first, they found nothing.

Before the stroke, Manuel had not known that he had a hole in his heart called a patent foramen ovale (PFO), which means the hole in the wall between the left and right atria of his heart never completely closed up after he was born.

For most people, a PFO doesn’t cause serious health problems. His doctors theorized that when Manuel recently sprained his ankle playing soccer, a clot from the sprained ankle traveled upward, went through the hole in his heart, and passed up to the brain, causing the stroke.
“My physicians took good care of me,” says Manuel. “If they didn’t take the time to do all the extra research in my case, they wouldn’t have caught the hole in my heart.”

**Knowing what to do**

Up until that morning, Manuel had been extremely active, playing football, running track, and competing on the wrestling team. Manuel says he didn’t know much about what to do in a stroke emergency before his own.

“Many people probably don’t know what to do,” he says. “We’ve learned a lot about stroke through this experience.” What he did know, however, was to Act FAST—an acronym for stroke symptoms. FAST stands for:

- **F** Face. Is one side of the face drooping?
- **A** Arms. When raising both arms, does one drift downward?
- **S** Speech. Is speech slurred or garbled?
- **T** Time. Act quickly—if you observe any of these signs, call 911 immediately.

**A full recovery**

Manuel had surgery at Kettering Medical Center to repair the PFO a few weeks before his high school graduation. At Manuel’s request, he stayed conscious enough to watch what was going on during the surgery, as he is fascinated by medicine and has a goal of becoming a neurologist. He even uses the word “fun” to describe the experience.

His recovery time was minimal, and Manuel is back to his normal, active lifestyle, with the exception of holding off on contact sports for a few more months.

His story was highlighted at this year’s Strike Out Stroke event, where he threw out the first pitch at a Dayton Dragons game. The event is an annual opportunity to share stroke awareness and prevention information with the community.

**ACT FAST**

If you or a loved one is experiencing symptoms of a stroke, call 911 immediately. Find your nearest emergency center at [ketteringhealth.org/emergency](http://ketteringhealth.org/emergency)
RELIEVE JOINT PAIN without surgery

Five nonsurgical treatment options

An estimated 4.7 million Americans are living with implants in either the knee or hip. If you’re experiencing joint pain, there are multiple nonsurgical options that can offer pain relief—and in some cases, even help heal joints. Learn more about just a few of the options available in the sections below:

1. Physical therapy

“Our natural instinct when a joint hurts is to stop moving that joint,” says Kristine Flais, a physical therapist at Kettering Health Network. “This leads to inactivity, which leads to loss of motion and strength. This is where the damage comes from.”

Physical therapy reduces pain and inflammation by improving range of motion and strength. This can mean anything from strengthening exercises to focusing on good posture, all with the goal of reducing stress on joints.

“If you can’t move in an efficient pattern, you’re doing further damage to your joint,” explains Kristine.

Physical therapy is customized to meet the needs of each person. The first session includes an evaluation and examination. Most patients then return for sessions a few times a week.

2. Manipulations

Osteopathic manipulative treatment techniques use hands-on techniques, ranging from gentle pressure to high-pressure manipulation, to address changes in body structure and improve function.

“These techniques encourage a speedier achievement of health while alleviating pain and shortening recovery time,” says Edward Clack, DO, a Kettering Health Network primary care physician. “They help restore function without many side effects.”
Steroid injections help decrease inflammation, lessening pain over time. Atiba Jackson, MD, an orthopedic surgeon at Kettering Health Network, notes that while steroids help reduce pain, they do not aid in healing.

“They make you feel better, and ultimately you would need another shot once the anti-inflammatory effects wear off,” he says. The number of shots needed is determined on a case-by-case basis.

There are some side effects to steroids, especially when receiving multiple injections, Kyle Ott, MD, a Kettering Health Network orthopedic specialist, notes. “Steroid shots provide excellent short-term symptom relief,” he says. “However, they can accelerate cartilage loss and further joint deterioration in the long term.”

“Joint dysfunction usually causes changes to the joint and surrounding tissue,” he says. “Osteopathic manipulative treatments help with the forces placed on the joint, inflammation of the tissue, and pain to aid with overall health.”

Dr. Clack says treatment is “very customizable,” typically starting with treatments every two weeks and assessing for future needs as time goes on.

Gel shots

The pain relief offered by gel shots typically lasts longer than that of steroids, and does not cause long-term deterioration to the joint.

“Those who can’t get relief from steroids usually try gel shots,” says Dr. Jackson. “They provide lubrication of the joint and act as a cushion.” By cushioning the joint, these injections can help reduce pain and maintain joint function. However, they do not help heal tissue.

“Both the steroid and gel shots simply act as a metaphorical bandage to afford borrowed time as joint deterioration progresses,” explains Dr. Ott.

Platelet-rich plasma injections

“Platelet-rich plasma injections reduce joint pain using the body’s own healing properties. After a routine blood draw, a patient’s blood is spun to separate platelets, which are then injected into the joint,” explains Dr. Ott.

“It is more natural, and it’s safe,” he says. “Because it comes from the patient’s own blood, there’s no need for testing or pretreating.” Dr. Jackson explains that the healing properties found in platelets not only help reduce inflammation, but also help promote the formation of cartilage.

“The real benefit of platelet-rich plasma is that it’s not masking anything,” he says. “It’s actually helping the body heal using natural factors in a concentrated form.”

HOW TO CHOOSE

Picking a treatment option that is best for you can be a hard decision—one that should be made while talking to your doctor.

“They all have applications in certain instances—times where one is better than the other,” says Dr. Jackson. “The key thing is to educate yourself on the different options so you can go in and ask the right questions.”

GET RELIEF

Schedule an appointment by calling 1-877-930-9354 or visiting ketteringhealth.org/joint.
Veggie chili

Makes 4 servings.

Ingredients

1 tablespoon olive or canola oil
⅓ large onion, chopped
1 medium red bell pepper, chopped
1 garlic clove, finely chopped
1 jalapeño pepper, seeded, deribbed and minced
1 tablespoon ground chili powder
1½ teaspoons ground cumin
1½ teaspoons dried oregano

1 can (14½ ounces) no-salt-added diced tomatoes in juice
1½ tablespoons tomato paste
1 cup water
2 cans (15 ounces each) black beans, rinsed and drained
½ teaspoon salt

Fresh cilantro, chopped, for garnish
Chopped scallions, for garnish
Reduced-fat sour cream, for garnish (optional)

Directions

1. Heat oil in large saucepan.
2. Add onions, bell pepper, garlic, and jalapeño pepper, and cook until onion is translucent, about 5 minutes.
3. Add chili powder, cumin, and oregano, and cook, stirring, for 1 minute.
4. Add canned tomatoes, tomato paste, and water, and then beans and salt.
5. Bring to boil; reduce heat; and simmer, uncovered, for 30 minutes.
6. Serve garnished with chopped cilantro and scallions and a dollop of sour cream, if desired.

Nutrition information

Serving size: ¼ of recipe. Amount per serving: 214 calories, 5g total fat (less than 1g saturated fat), 35g carbohydrates, 11g protein, 12g dietary fiber, 367mg sodium.

Source: American Institute for Cancer Research

Or try plain Greek yogurt!
### Good-for-you cornbread

Makes 10 servings.

#### Ingredients
- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- 1 cup buttermilk, 1 percent fat
- 1 egg, whole
- ¼ cup margarine, regular, tub
- 1 teaspoon vegetable oil (to grease baking pan)

#### Directions
1. Preheat oven to 350 degrees.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine, and mix by hand or with a mixer for 1 minute.
7. Cut into 10 wedges and serve.

#### Nutrition information
Serving size: 1 square. Amount per serving: 178 calories, 6g total fat (1g saturated fat), 22mg cholesterol, 94mg sodium.

Source: National Institutes of Health

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**HELP TO EAT HEALTHY**

To find out how nutrition can help improve your health, talk to your doctor about nutrition counseling at Kettering Health Network. Call 1-888-822-4114 for more information.

You could try honey instead.
women in the U.S. will be diagnosed with invasive breast cancer.

One in Eight

women in the U.S. will be diagnosed with invasive breast cancer.

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Kettering Breast Evaluation Centers

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I will take time

Lynn Cowell, Principal
Smith Elementary, Oakwood City School District

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